I, the Farmer of India

(A Resilience Resource)
This resource aims at building the:

1. Resolve and Resilience of our farmers.

2. Respect of farmers in the society.
I am Farmer

I am strong
COVID Crisis
made me strong?
No!
I was already strong and
Covid made me prove it
Happiness can be found even in the darkest of times if only one remembers to turn on the light.
Even the darkest night will end and Sun will rise. Who stays positive in a negative situation Wins.
Most noble
Most useful
Most mindful
Most healthful

employment is

Farming
Farming
A profession of hope

Farmer
An incorrigible optimist
A healthy nation is not possible without a healthy farmer.
Most unhappiness is self-induced.

Farming teaches me to be grateful.
Nature never stops.
Neither do we.
My Strength and courage define me not my illness.

I always think about what I am instead of what I am not.
Sometimes reaching out and taking someone's hand is the beginning of a journey.

At other times it is allowing someone to take yours.

I Seek help. I Don’t shy.
Mental Health
5 T’s

1. Talking
2. Teaching
3. Training
4. Tools
5. Taking Care
We rarely, occasionally, need a lawyer, a policeman, a doctor, a businessman, but starting with morning tea, 3 times everyday, need a farmer.
When lockdown was announced none rushed to buy gold, land, cars, or expensive phones but, everyone rushed for fruits, vegetables, milk and bread.

So say
Thank you farmers.

Prof. Sarabjeet Singh, Head, Dept of Agricultural Journalism, Languages & Culture
Ms. Vasundhara, Counsellor, Dept of Human Development & Family Studies
Punjab Agricultural University, Ludhiana  +(91) 9814612004, hodajlc@pau.edu